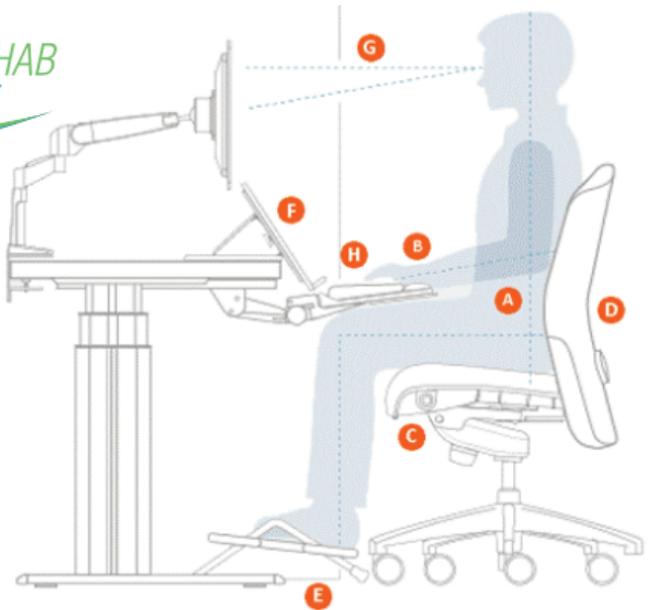


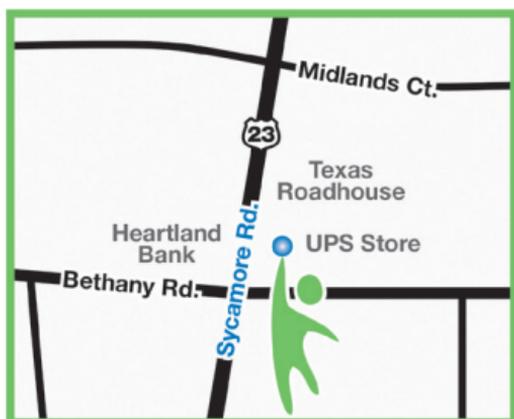
Computer Workstation Ergonomics



- A** Ears, shoulders, and hips are aligned to maintain the spine's natural curvature.
Shoulders should remain relaxed with your elbows close to your body.
- B** Armrests, if used, should be adjustable and support the forearms parallel to the floor with your wrists straight.
- C** Chair height adjusted so your thighs are parallel to the floor with your knees even or slightly lower than your hips, creating a 90° to 110° angle.
At least one to two inches between the back of the knees and the seat of the chair.
- D** Lower back fully supported (use a backrest, thin pillow, or towel if necessary).
- E** Feet resting comfortably on the floor or on footrest.
- F** Copy stands placed at same distance as computer screen and viewable without moving your head.
- G** Top of screen at or slightly below eye level.
Screen about arm's length (at least 18 inches) from eyes.
- H** Use a wrist rest, if necessary, to support your wrists and keep them straight (don't rest your wrists while typing).
Place mouse adjacent to the keyboard and consider a gel wrist support with the mouse pad.
Position objects used frequently within arm's reach.

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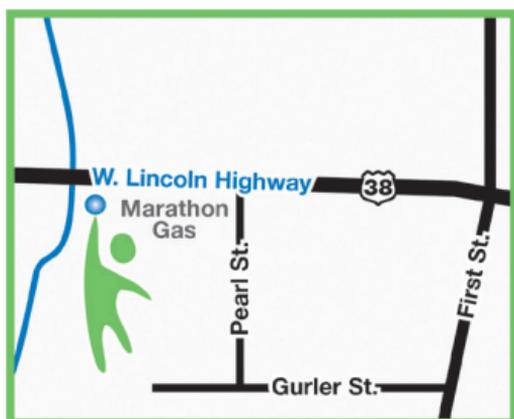
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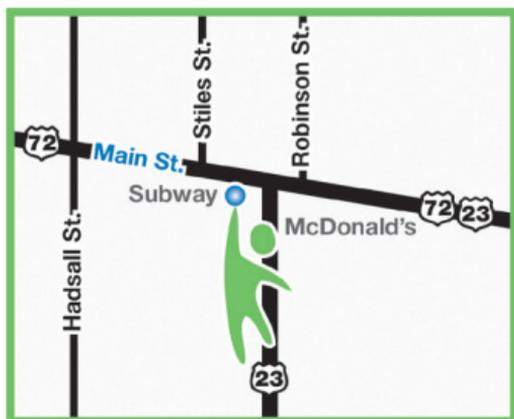
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